

Pediatric Allergists Encourage Early Allergy Testing as Back-to-School Season Begins

Physicians say early signs of allergies are often mistaken for recurring colds, potentially increasing the risk of asthma later in childhood.

AUSTIN, TX, UNITED STATES, July 22, 2026 /EINPresswire.com/ -- As we approach children

“

Parents are surprised to learn that untreated allergies don't just cause sneezing. Untreated allergies can impact sleep, focus, school performance and may increase the risk of asthma in children.”

Stacy Silvers, MD, Chief Medical Officer of Aspire Allergy & Sinus.

returning to school this fall, pediatric allergy specialists at [Aspire Allergy & Sinus](#) are encouraging parents to look beyond the typical "back-to-school cold." Symptoms such as persistent congestion, sneezing, itchy eyes, eczema, or recurring sinus infections may actually be signs of underlying allergies that can affect sleep, learning, behavior, and long-term respiratory health.

According to Aspire physicians, many families delay allergy testing because symptoms are assumed to be seasonal illnesses or something children will simply outgrow. However, early diagnosis and treatment may help improve quality of life and reduce the progression of allergic

disease.

"Parents are often surprised to learn that untreated allergies don't just cause sneezing," said Stacy Silvers, MD, Chief Medical Officer of Aspire Allergy & Sinus. "Chronic allergies can interfere with sleep, concentration, classroom performance, and, in some children, contribute to what's known as the Allergic March—a progression of allergic diseases that may ultimately increase the risk of developing asthma."

□□□□ □□ □□□ □□□□□□□□ □□□□□□?

The Allergic March, also known as the Atopic March, is a well-recognized pattern in pediatric medicine describing how allergic conditions can develop over time. Many children begin with eczema during infancy, later develop food allergies, followed by seasonal or environmental

allergies (allergic rhinitis), and some eventually develop asthma.

While not every child follows this progression, allergy specialists say recognizing and managing allergic disease early may help improve symptoms and reduce ongoing inflammation that affects the airways.

"Early intervention gives families the opportunity to better understand what is triggering their child's symptoms and develop a treatment plan before allergies begin affecting daily life," [Dr. Silvers](#) said.

As children head back into classrooms, Aspire physicians encourage parents to watch for symptoms that persist beyond the typical duration of a viral illness.

As children head back into classrooms, Aspire physicians encourage parents to watch for symptoms that persist beyond the typical duration of a viral illness.

Parents should watch for the following symptoms:

- Sneezing that continues for weeks
- Clear, runny nasal drainage
- Frequent nose rubbing ("the allergic salute")
- Itchy or watery eyes
- Persistent nasal congestion
- Mouth breathing or snoring
- Dark circles beneath the eyes
- Chronic cough, especially at night
- Eczema flare-ups
- Recurrent sinus or ear infections

Unlike the common cold, allergies typically do not cause fever and often continue for weeks or months while exposure to allergens persists.

Untreated allergies don't just affect a child's nose—they can affect the classroom.

Common signs and symptoms of allergies include:

- Difficulty concentrating
- Poor sleep quality
- Daytime fatigue
- Irritability
- Missed school days
- Reduced participation in sports and outdoor activities

"When children aren't sleeping well because they can't breathe through their nose, every part of their day can be affected," said Dr. Silvers. "Sometimes treating allergies improves much more than just sneezing."

When should parents consider having their child evaluated for allergies?

Parents should consider having their child evaluated if symptoms:

- Last longer than two weeks
- Return during the same season each year
- Persist indoors around pets or dust
- Frequently interfere with sleep, school or sports
- Require repeated use of over-the-counter allergy medications

Comprehensive allergy testing can identify environmental triggers and help physicians develop personalized treatment plans based on a child's specific sensitivities.

How can parents help manage their child's allergies?

What are some signs of allergies in children?

Persistent sneezing, congestion, itchy eyes, eczema, and chronic coughing may all be signs of allergies rather than recurring illness.

Can allergies be diagnosed in young children?

Yes. Although seasonal allergies become more common after age four, younger children can also

develop environmental allergies.

How long do colds and allergies last? Can allergies be passed on?

Colds generally improve within 7–10 days and may include fever or body aches. Allergies often persist for weeks, produce clear nasal drainage, and commonly cause itching of the nose or eyes.

Can allergies be passed on? Can allergies be cured?

Research has shown that allergic diseases can progress over time in some children through what physicians call the Allergic March, a recognized pattern linking eczema, food allergies, allergic rhinitis, and asthma.

Aspire Allergy & Sinus

Aspire Allergy & Sinus is a physician-led allergy and sinus practice serving patients across Texas, Arizona, Colorado, Florida, and New Mexico. Aspire provides comprehensive allergy testing, evidence-based treatment, and personalized care for children and adults with environmental allergies, asthma, eczema, food allergies, and sinus conditions.

For more information or to schedule an appointment, visit www.aspireallergy.com.

Goldyn Daupin
Aspire Allergy & Sinus
+1 512-550-1800

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[TikTok](#)

[Instagram](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/927232431>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.